


Group Exercise Schedule 2006

For more information, contact the Fitness Center, Bldg. 826 * 926-2128

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Cardio Sculpt 6 a.m. Gina/Maci	Step 6 a.m. Gina			
*Spinning 6 a.m. Lorenzo		*Spinning 6 a.m. Lorenzo		*Spinning 6 a.m. Lorenzo	
	*ABS LAB 7 - 7:30 a.m. Shurelle		*PT Madness 7 a.m. Shurelle	*ABS LAB 7 - 7:30 a.m. Shurelle	
Splashing To The Oldies 9 a.m. Donna		Splashing To The Oldies 9 a.m. Donna		Splashing To The Oldies 9 a.m. Donna	
	Senior Circuit 9 a.m. Donna		Senior Circuit 9 a.m. Donna		
Senior Moves 10 a.m. Pacita	Core Stability 10 a.m. Donna	Senior Moves 10 a.m. Pacita	Core Stability 10 a.m. Donna		
Step 11 a.m. Pacita	Cardio Sculpt 11 a.m. Pacita	Step 11 a.m. Pacita			Pilates 10:15 a.m. Gina
*Spinning 11:30 a.m. Donna	*Spinning 11:30 a.m. April	*Spinning 11:30 a.m. Donna	*Spinning 11:30 a.m. April	*Spinning 11:30 a.m. April	*Spinning 11:30 a.m. Lorenzo/Gina
Boot Camp Noon Maci	Pilates Noon Gina		Step - N -Tone 11:30 a.m. Maci	Boot Camp Noon Maci	
		*ABS LAB 3 p.m.		*ABS LAB 3 p.m.	
				Cardio Box/Interval 4:30 p.m. Rhonda	
Hi/Lo 5 p.m. Rhonda	Step 5 p.m. Gina/Maci	Hi/Lo Interval 5 p.m. Gina	Step 5 p.m. Rhonda	Pilates 5:30 p.m. Gina	
	Aqua Fusion 4:15 p.m.		Aquacise 4:15 p.m.		
*Spinning 5 p.m. Lorenzo	*Spinning 5 p.m. Lorenzo		*Spinning 5 p.m. Lorenzo		
		*Spinning 6 p.m. April			
Yoga 6 p.m. Rhonda			Yoga 6 p.m. Rhonda		
	Seidokan Karate (Fee) Ages 12 up 6 - 8 p.m. Stanley		Seidokan Karate (Fee) Ages 12 up 6 - 8 p.m. Stanley		

* Fitness Improvement Programs (FIP)